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ABSTRACT

This publication is designed to assist elementary school teachers in the construction and use of improvised physical education equipment. The equipment described is accompanied by activities in which it can be used. Since workers, materials, and construction knowledge are essential for the creation of this equipment, teachers should try to involve students, school personnel, and parents in the construction process. (CJ)

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101 WAYS TO IMPROVISE

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A PHYSICAL EDUCATION RESOURCE GUIDE

STATE OF ALABAMA DEPARTMENT OF EDUCATION

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101 WAYS TO IMPROVISE

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State Office Building
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PREFACE

This publication is designed to assist elementary and secondary teachers who are interested in the construction and utilization of improvised physical education equipment. Many public school physical education programs of the past have not received adequate funding for the purchase and maintenance of equipment. This has placed drastic limitations on the number and variety of activities included in the curriculum. Although the construction of improvised equipment will not solve the problem of an inadequately financed program, it will allow the teacher to do a better job with the funds which are available.

The equipment described in this booklet is accompanied by at least one activity for which it can be utilized. However, most equipment will have a multiplicity of uses for the creative teacher. For example, we strike a balloon to keep it in the air. We walk a balance beam. Why not try to keep the balloon aloft while walking the beam?

The teachers who have been the most successful in constructing equipment for physical education classes have been those who were able to involve parents, students, teachers, school administrators, the P.T.A., and other interested persons. Since workers, materials, and construction know-how are essential, not only will these services be provided by a group, but the task will become an enjoyable experience as well.

The suggested improvised equipment has been collected from physical educators throughout the United States. By sharing ideas, activities, and techniques, our programs will improve more rapidly. For this reason, those of you who find the material helpful are urged to share your success stories and equipment recommendations with us.

GHARY M. AKERS, Author

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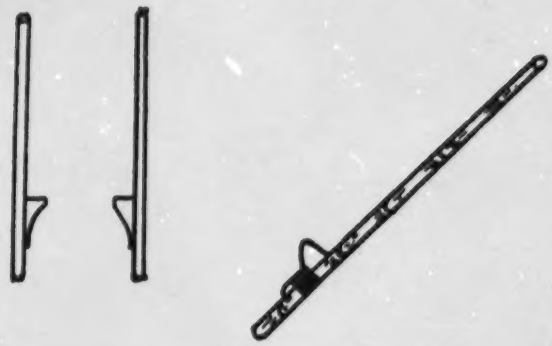
STILTS
Stilts can be made by nailing blocks of wood to a 2"x2" six feet long or by using adhesive tape and taping the blocks to bamboo poles. For beginners, the height of the blocks should be kept approximately one foot from the ground.

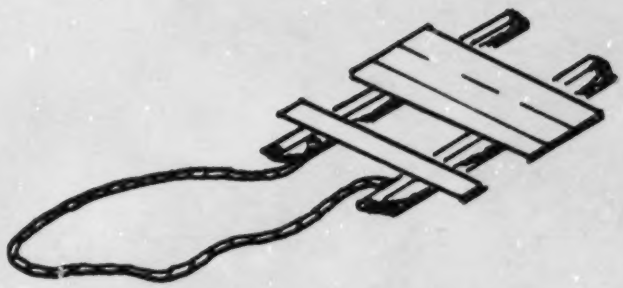


BEAN BAGS
Some parents make bean bags in a professional manner by sewing together 5-inch squares of material and enclosing pebbles, corn, dried peas, etc. If this is not possible, filling a sock and tying it will provide the same equipment.

BARBELLS
A metal pipe centered in two one-gallon cans of cement and allowed to harden will substitute nicely for a barbell, and it will also have a similar appearance.

PLASTIC-BOTTLE TAMBOURINE
Cut a gallon bleach jug 1½" from the bottom. By cutting holes at 2-inch intervals along the sides and using pipe stem cleaners to insert flattened bottle caps, an improvised tambourine can be constructed.

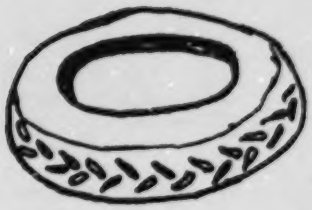
GYM SLED
Using 2 two-by-fours four feet long as the rudders, construct a tiny sled. Cover the rudders with carpet, fiber side of carpet touching the floor. Children can have fun pulling one another over the gym floor and can build up their endurance without realizing it.



BALERO
Cut a quart plastic bottle in half and keep the part with the handle. Take a 24" string and tie a fleece ball to the bleach bottle. Try to swing the ball into the air and catch it in the inverted bottle.

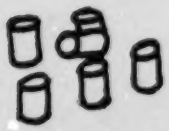
TRACTOR TIRES

Tractor tires can be used in several different ways on the playground. They make excellent sand boxes that can be easily covered at night for the preschooler. They can be embedded in cement in a standing position for climbing over or leapfrogging. They make a difficult rolling device for the upper-grade student, or make a circular balance beam by simply lying them on the ground.



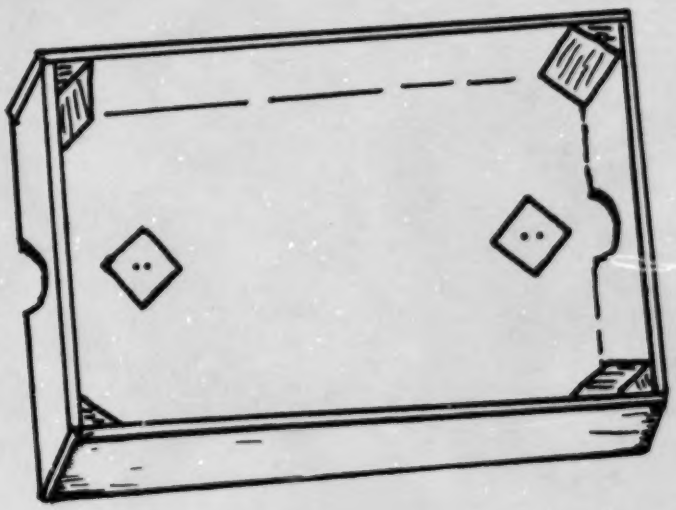
PERCEPTUAL-MOTOR CANS

Fill cans with many kinds of things such as pebbles, BB's, sawdust, sand, rocks, water, powder, etc. By having all of the cans the same size and if two are filled with the same substance, separating them into identical pairs can be very educational.



INDOOR KNOCK HOCKEY SET

A 30"x48" box with a pressed-wood bottom and surrounded by 1"x3" edges makes an excellent Knock Hockey game for all ages. Students take turns hitting a two-inch wooden puck and trying to ricochet it off the wall and into the opposite goal. See the drawing for the details.



BENCHES

Benches can be used for many activities relating to physical education. They can be walked upon, crawled under, jumped over, etc. One good leg exercise utilizing the bench may be done in the following manner: Step up with left, step up with right, step down with left, step down with right. If this is continued for about 3 minutes, you will notice that the left leg has gotten a thorough workout.

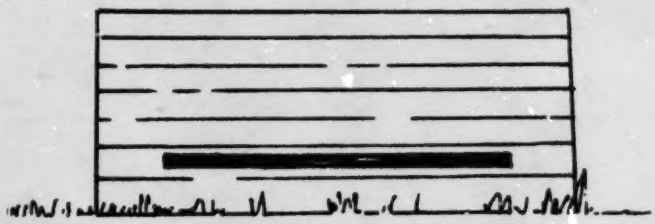
BROOM HOCKEY

Twelve old brooms and a half-flat volleyball provide the equipment for a vigorous game of hockey. Although safety must be stressed, the brooms are softer than hockey sticks and are not quite as dangerous. The half-flat volleyball will not go the length of the court when hit and this brings about more group action.

MOBILE BOUNDARY MARKERS
Using a one-gallon plastic milk carton as the base, insert a plastic golf tube into the mouth of the carton and push it all the way to the bottom. This lightweight standard makes a safe boundary marker or obstacle for use in the gym.

WOODEN-SQUARE PUZZLE
Cut a square board or plyboard into four pieces. Have the students reconstruct the square.

WALL CLIMB
Wall climbing is an excellent fitness activity and can begin in the early grades if the wall is built low enough for the students. A wall for the early-grade youngster may even have a two-by-four nailed across the bottom to give the student a footrest.



CHAIN-TIRE-LOG BALANCE BEAM
A chain bolted to a tire will provide the support for one end of a log balance beam. This gives a student the chance to walk a slightly mobile, rounded, and inclined beam.

STAMP AND CATCH
Attach a 6" piece of 2"x2" across the underside of a smooth oak 1"x6"x3" board. Since the 2"x2" block is not in the middle, it makes somewhat of an unbalanced seesaw. Place a bean bag on the top side near the end of the board. Now stamp the seesaw, causing the bean bag to be thrown into the air. Try to catch the bean bag before it falls. Try to toss more than one bean bag at a time and catch them.

ROUNDED BALANCE BEAM
Construct a 12' balance beam by taking a smooth round (5" or 6" diameter) pole and set it on notched standards so that it will be one foot from the ground. See how many activities that are done on regular balance beams your students are able to achieve on the rounded beam.

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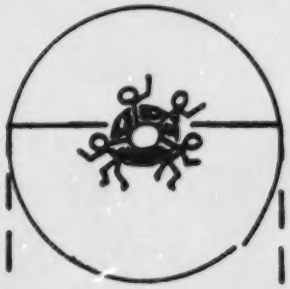
BAT THE CAPS

A broom handle and a sack full of bottle caps make excellent materials for taking batting practice. Since the bottle caps are thrown like tiny frisbees, they can be made to go straight, curve, etc., and provide a challenge for the batter.

TIRE TUG

Have four students (two against two) grasp an automobile tire while standing in the center of the basketball free throw circle. See which two can pull the others out of the circle first.

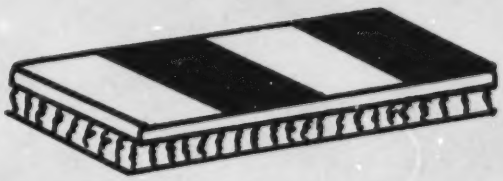


TRUCK OR TRACTOR TUBE MINI-TRAMP

Inflate an old truck or tractor inner tube until it is 18" to 24" in height. By placing a mat or a piece of plyboard over the tube, youngsters can perform many of the activities which are done on a mini trampoline.

BED SPRINGS AND MAT

A regular tumbling mat placed over a set of old bed springs provides an opportunity to jump, bounce, and balance. This is an excellent lead-up activity for trampoline skills.

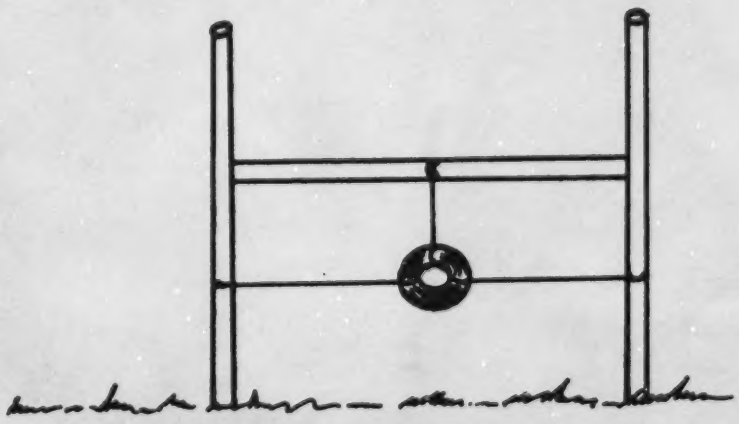


TIN CAN TOM-TOMS

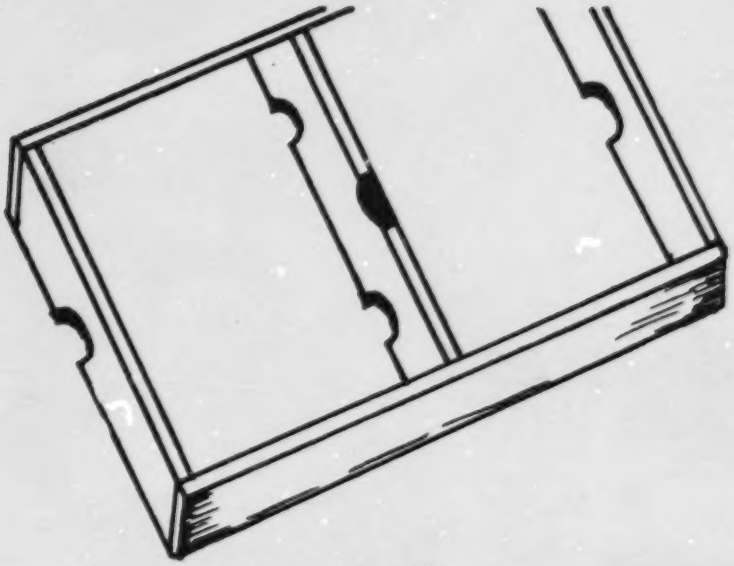
Coffee cans and other large cans can be made into drums or tom-toms by stretching and tying strips of rubber inner tube over the openings.

IMPROVISED FLICKERBALL GOALS

An old tire which is tied to the crossbar and the football goal posts will provide a stable and circular opening which can be used as a goal for flickerball. The tire can also serve as a target for throwing the football, playground ball, etc.



BOX HOCKEY
This game has been played for years while children were waiting for the bell to ring and school to begin. A box is constructed from 2"x8" boards. The box should be 4 feet wide and 10 feet long. There is a board across the middle with two 3" holes on the underside and the end boards have one 3" hole in the middle. (See drawing.) Broom handles are used for the sticks and a circular piece of broken softball or baseball bat 2" in diameter serves as the puck.



COAT HANGER FLAG MARKERS
A coat hanger may be straightened, the top rounded, and a flag attached to the rounded portion for making markers for the playground. The coat hanger is simply pushed into the ground. Since the hanger has no sharp points and is very flexible, it is a relatively safe marker even if someone falls on it.

WALK THE SPOOL
Wooden telephone wire spools are often left behind at construction sites. Children enjoy walking or balancing on the mid-portion of the spool, and they can grasp the wheels of the spool if greater balance is needed to get started. Is this easier or harder than walking a barrel?

CARPET-SQUARE BASES
Carpet squares, along with their many other uses, can be used as softball bases. Any type will be OK for outdoor play, but the squares that have a rubberized base are the best for indoor play since they do not slide.

HALF OF A RUBBER BALL
Cutting a rubber ball in half makes throwing, catching, and hitting very different. Just because a ball has become shredded or cut does not mean that it is useless to the program. Have you ever thrown half of a ball?

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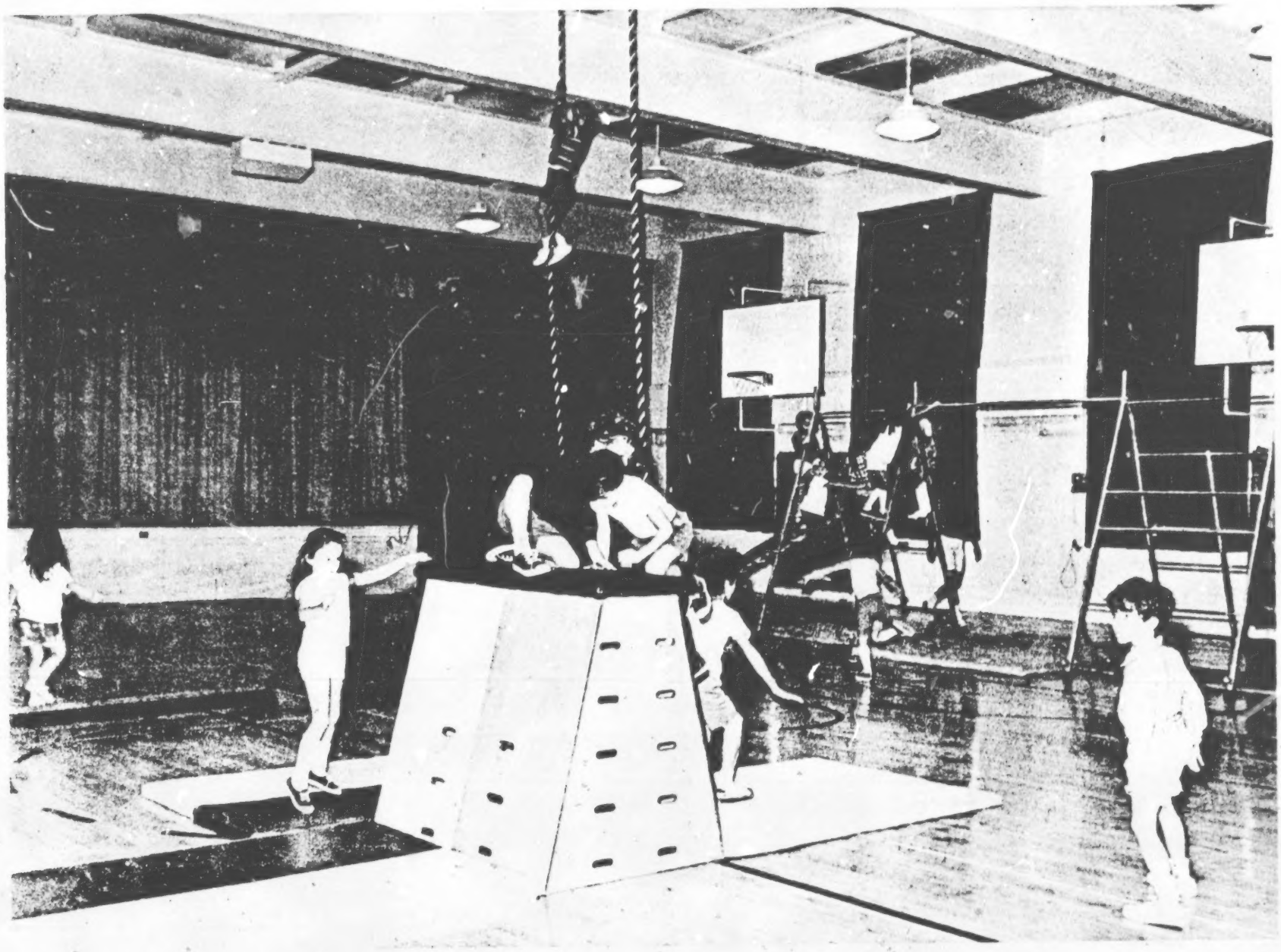
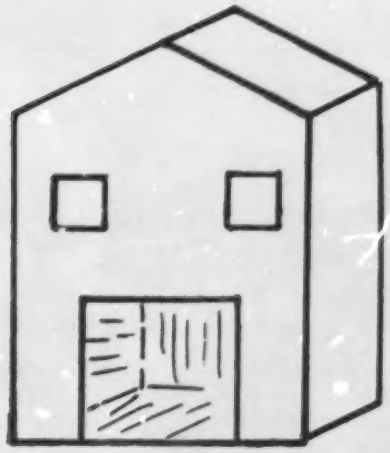


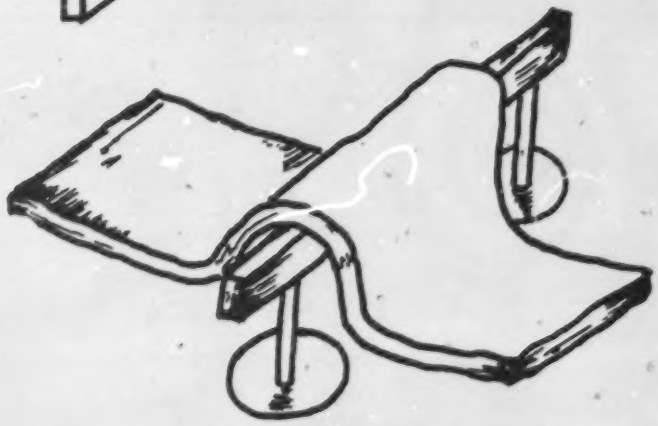
AUTOMOBILE-TIRE BUMPER CARS
Have several students stand inside automobile tires and pick them up waist high. Much excitement is generated when the students bump into one another with the tires as they do with the electric bumper cars they ride at the fair.

REFRIGERATOR-BOX HOUSES
Large cardboard refrigerator boxes make excellent quiet-corner homes for the primary or preschool youngster.



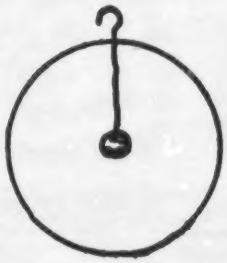
PEG BOARD
A 2"x2" board five feet long can be made into a peg board by boring holes in it that are two inches in diameter. The holes should be in a zigzag formation and there will be room for about ten holes. Wooden pegs or dowels for climbing are then made slightly smaller than the two-inch holes.

IMPROVISED VAULTING BOX
Drape a tumbling mat across a balance beam to provide an improvised vaulting box. For safety purposes an additional mat should be placed on the floor for landing. A rolled tumbling mat will also provide a smaller vaulting surface when teaching hand springs, cartwheels, kips, etc.

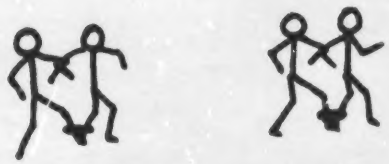


MEDICINE BASKETBALL
Take a rubber basketball that has gone flat and is no longer useable for basketball and stuff it with cotton. Lace the small opening used to insert the cotton. You now have a heavy ball that can be used for all kinds of throwing and catching games, and it requires more strength and coordination than other ball games.

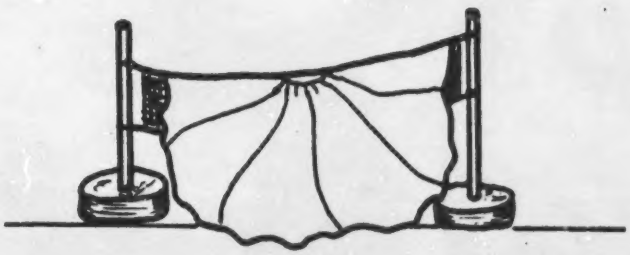
COAT HANGER AND BELL TARGET
Round a coat hanger and tie a bell to the hanger so that it hangs in the middle of the target to form the bull's-eye. The target can be hung from a pipe, etc., allowing students a chance to toss bean bags at the bell. Try tossing a bag through the target without ringing the bell.



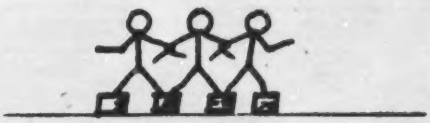
BICYCLE INNER TUBE THREE-LEGGED RACE
Tie a section of bicycle inner tube in a circle about 7" in diameter. This circular tube can be stretched over the ankles of two students who are running in a three-legged race without fear of cutting the leg should one of them fall.



BLIND BALL
Drape a parachute over the volleyball net. Play one-bounce volleyball, newcomb, deck tennis, etc., over the net which has now added a dimension of blindness to the game.

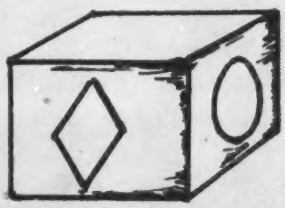


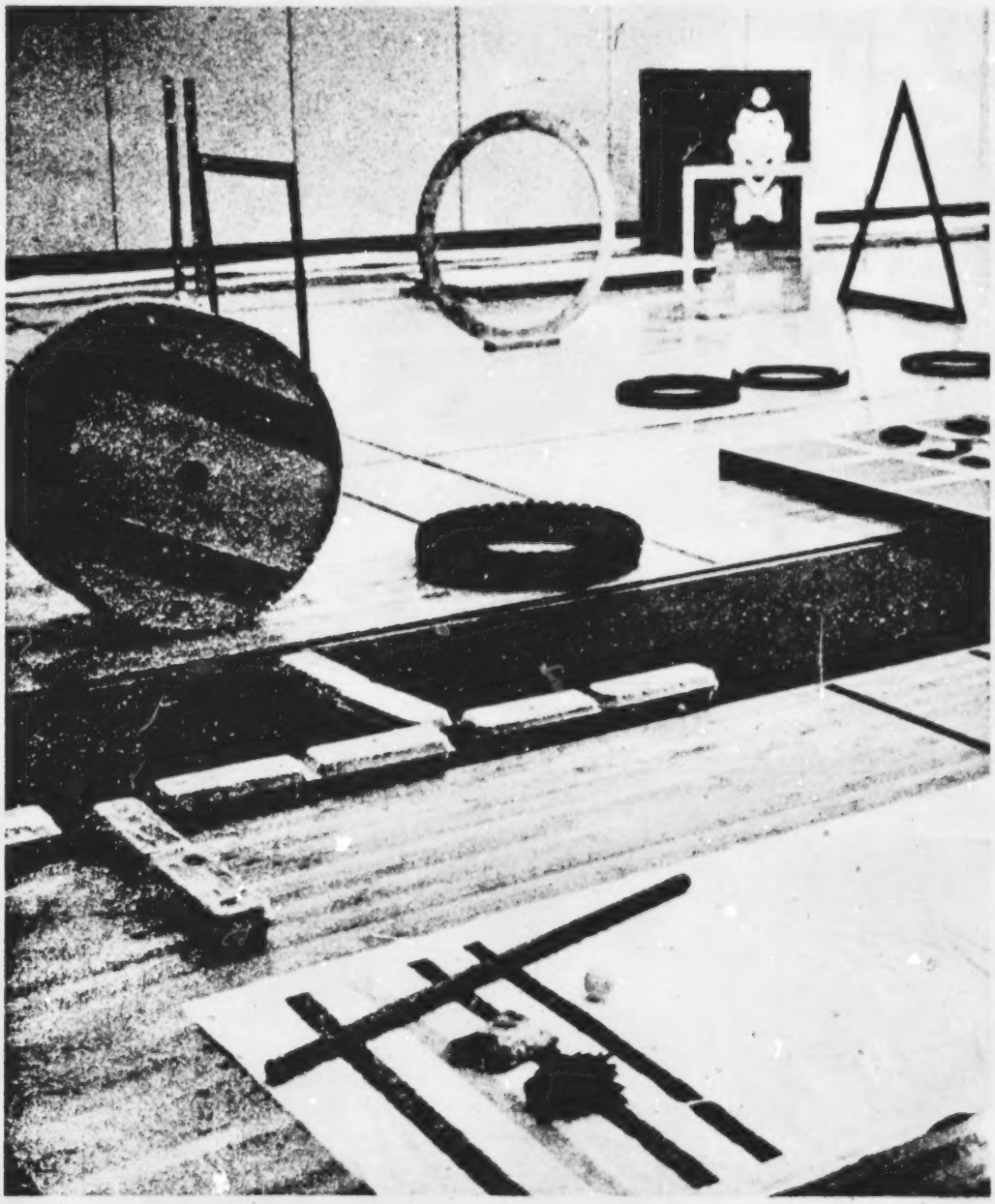
THREE-MAN BOX RACE
Using four boxes per relay team, have the players line up in the following manner: Player no. 1 has his feet in two boxes, player no. 3 has his feet in two boxes, and player no. 2 in the middle has one foot in a box with no. 1 and one foot in a box with no. 3. Together the three players move down the floor and back somewhat the same as in a three-legged race.



SHOE PING PONG
Using a shoe for a paddle and a line on the floor for the net, play ping pong within the classroom.

CARDBOARD SHAPES
Cardboard cutouts can be used to teach children the shapes of circles, squares, diamonds, rectangles, etc. The cutouts can be placed on the floor for the children to pick up, inspect, etc., or they may be cut from large boxes, thus giving the children a chance to learn shapes by walking or crawling through the boxes.





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BEAN-BAG GOLF

Take chalk and mark off a nine-hole golf course inside the room or gym. Chalk circles on the floor or in a chair, a waste can, etc., may be used as holes. Chairs, desks, bookcases, and mats, may be used as hazards. Each student uses a bean bag and keeps a record of the number of throws he takes per hole. To be considered "in the hole," the bean bag must be within the chalk circle and not touching the line. If on a line, the bean bag must be picked up and dropped again, costing the student another stroke.

TIRE-ROLL RELAY

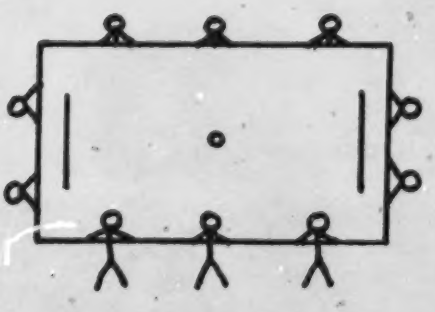
Automobile tires that have been cleaned with a powdered cleanser makes excellent improvised equipment for elementary classes. Have the first person in each relay line stand inside the tire, pick it up, and hold it above the knees so that he may run. On the signal, those holding the tires run to the other end of the gym or playground, drop the tire, get out, stand the tire, and roll it back to the next person. This process is continued until all have had a turn.

SIDEWALK TENNIS

Use chalk to mark off a tennis court on four yards of sidewalk. A regular tennis ball is used, and the ball is played by substituting the hands for the racket. Since the net is drawn in chalk, it is simply a matter of hitting the ball in the opposite court until someone misses. All of the tennis rules remain the same. This game is very good for exercising the stomach muscles.

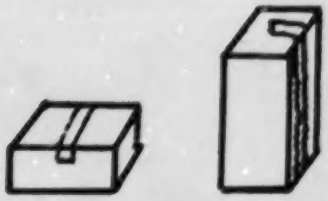
BLOW FOOTBALL

Place a ping-pong ball in the center of a table. Surround the table with students. See which team can blow the ball over their opponents' goal line first.



WOODEN PADDLES
Paddles of various sizes and shapes can be constructed from boards or plywood for use in physical education. Paddle tennis, wall ball, badminton, etc., can be played with the improvised rackets.

CARDBOARD-BOX HURDLES
Cardboard boxes of various shapes and sizes make excellent classroom or gymnasium hurdles. They can be placed so that students will jump distances that are high, wide, many times in succession, etc.

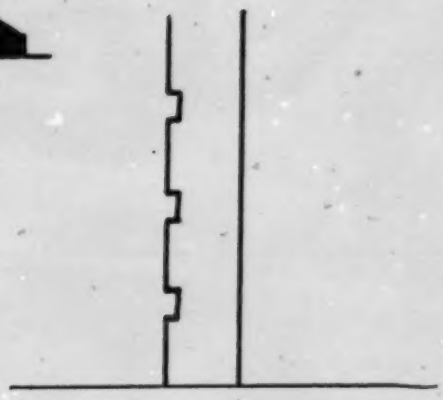


TIRE STAND
A rectangular wooden box approximately 25"x8"x8" will enable one to stand and balance a tire in it for use as a target, hurdle, or obstacle.

TREE-ROPE WALK
Attach two ropes between two trees or poles, tying one rope three feet higher than the other. See if the students can walk across the bottom rope sideways while holding to the top rope.

HOMEMADE AWARDS
Cut a trophy base from a two-by-four and attach some piece of physical education equipment to it. By painting the base white, the golf ball or tennis ball gold, and using label tape, one can construct realistic and/or humorous awards for class presentations. Also, stiff 8½" x11" colored paper, magazine cutouts, and appropriate slogans written with magic marker, can become quick, relevant awards.

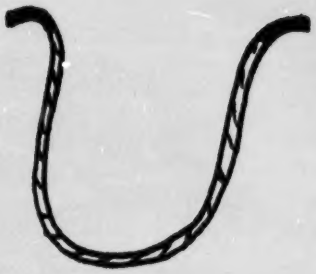
TELEPHONE-POLE CLIMB
Set a 10' telephone pole in concrete at the edge of the playground. Cut ½" moon sections 4" in depth and 18" apart to be used as footholds. By holding to the pole with their hands and progressing from foothold to foothold, students can climb up and down the pole. (This is not to be done hurriedly.)



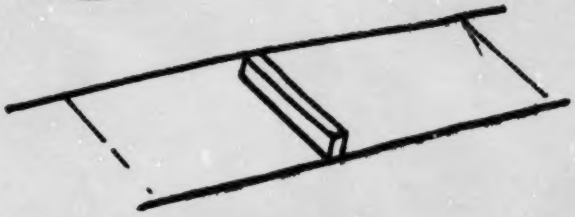
SCOOP
Cut a quart plastic bottle in the shape of a scoop. If each student has a scoop, a whiffle ball can be used to play a game similar to soccer. The ball must be *thrown* forward and may never be caught, thrown, or picked up by anything except the scoop.

TIRE-POLE ROPE CLIMB
Erect a small telephone pole vertically on the playground and drop 12-15 tires over the top, letting them slide down the pole to form a stack. Attach a rope securely to the pole above the level of the stacked tires. Students may now simulate mountain climbing by holding the rope with their hands while walking up the edges of the tires with their feet.

SASH-CORD JUMP ROPES
Sash-cord ropes may be cut at 7-, 8-, and 9-foot lengths to make jump ropes that will allow a whole class to jump rope at the same time and with a rope of the correct length. Red, yellow, or blue plastic tape can be taped to the ends of each rope so that a student can identify the rope he needs. This will enable the teacher to issue the ropes to the group much faster.



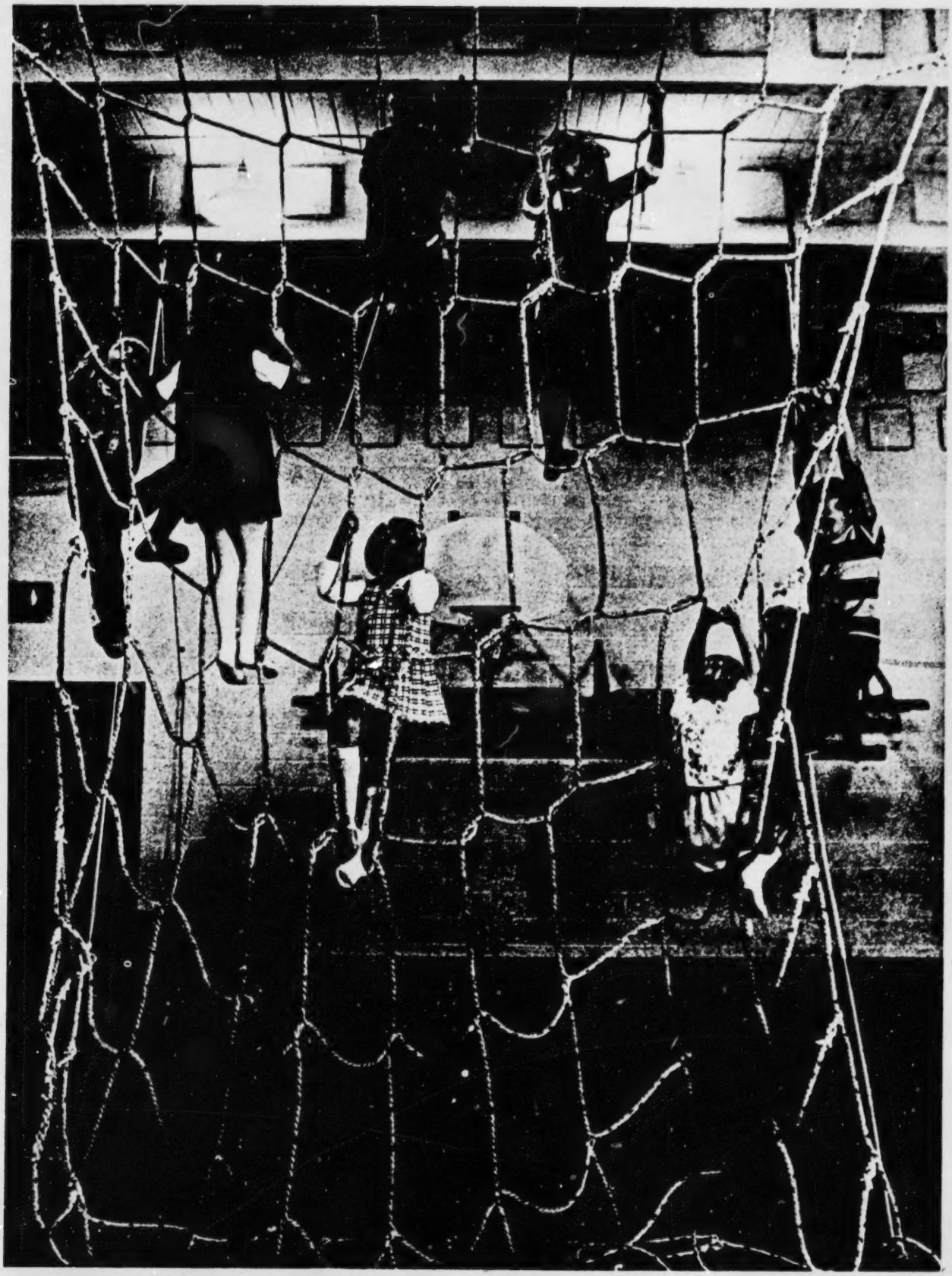
SIDEWALK PING-PONG
A short length of two-by-four standing on its edge across a sidewalk makes an excellent net for an improvised game of sidewalk ping-pong. A regular ping-pong ball serves as the ball, and the paddles may be regulation or improvised.



TELEPHONE-POLE STEPS
Short lengths of telephone poles can be placed next to each other at different heights, allowing students to develop foot-eye coordination and balance while overcoming the fear of height.

WOODEN CHAIRS
Chairs can be used for numerous kinds of physical education activities. They can be climbed on, run around, sat on, crawled across, stood in, and used for any other activities that the creative teacher can invent. See what your students can do with them.

DIRT MOUNDS
It is amazing the way primary students enjoy running up, running down, jumping off, etc., something as simple as a mound of dirt. Two or three dump-truck loads of dirt along the edge of the playground would make an excellent addition to an obstacle course and provide hours of enjoyment at the same time.



CARGO-ROPE CLIMB
Cargo ropes can be suspended from metal beams or draped across a tripod in order to make a rope fence for children to climb.

RING THE TIRE
Place a tire in the center of a circle. See which group can ring the tire with balls or bean bags first, which group can ring it the most times when it is rolled between them.

CARD TOSS
Take a deck of Flash cards, Old Maid cards, etc., and see who can toss the most cards in a trash can or box from a distance of 2 to 3 yards.

CLOTHESPIN DROP
Take a jar or bottle having an opening 2" in diameter and see who can drop the most clothespins into the jar from the distance one yard above the jar.

BALLOON BOXING
Tie balloons to the waist and/or ankels of two opponents. See which can be the first to burst his opponent's balloons.

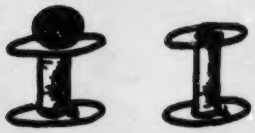
BROOM WRESTLING
Let two students grasp a broom handle, palms down on one end of the stick and palms up on the other end. There is usually a two-foot distance between the hands. See which one can wrestle the broom from the other by pulling, pushing, or twisting.

BROOM-HORSE RELAY
Two people straddle a broom and hold it with one hand. Each couple runs to the other end of the gym and back, gives the broom to the next couple, and goes to the end of the line. First line to finish wins.

POISON PIN
Place a bowling pin, plastic bottle, or milk carton between two students who have grasped hands with curled fingers. See which student can make the other touch or overturn the pin by pushing and pulling.

22

SPOOL SHUTTLE RELAY
Each relay line has two wire spools (approximately one foot high) 10 yards in front of the line. The first runner races down, balances a playground ball on a spool and races back. The next runner races down, transfers the ball to the other spool and races back . . . and so on, until one line finishes.



COLA BOTTLE-GOLF BALL RELAY
Same as Spool Shuttle Relay except that cola bottles and golf balls take the place of the wire spools and the playground balls.

KNOCK THE BLOCK
A wooden block is placed between two lines five yards apart. Two teams line up 15 yards from the block and with each participant having a bean bag, each team tries to knock the block from between the two lines. The exchange of bean bags constantly replenishes the supply for both teams. No player retrieving a bean bag is allowed to throw at the block from a distance of less than 15 yards.

HOOP BRIDGE BUILDING
Divide the class into two groups, each having a hoop. Place two groups in a line at opposite ends of the gym while the teacher stands in the middle of the gym. The first person in each line throws his hoop toward the teacher at a distance he thinks the next person can jump. The next student jumps into the first hoop and throws his hoop toward the teacher . . . and so on. This continues until one group reaches the teacher.

TINIKLING POLES
Bamboo poles can be requested from carpet stores for use as tinikling poles, or improvised poles can be purchased from hardward stores in the form of 2" plastic pipes. Either set works best if resting upon a 2 1/2' board placed near the ends of the sticks.

23

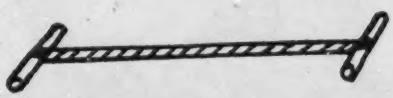
JUMP THE PEG
Take a small board and drill rows of holes in it of 5, 4, 3, 2, and 1. This really forms an equilateral triangle having five holes on all three sides and three holes in the middle. Place pegs in all of the holes except one. The object is to jump and remove all the pegs except one.

WATER POLO
Give everyone an inner tube and play water polo. The rules can be made strict or flexible depending on the group and the depth of the water. An inner tube is a help in staying afloat, but a hindrance when trying to reach a beach ball in the water.

CHANGE THE MARBLES
Make seven indentions on a small block of wood so that marbles will not roll out of the grooves. Place three blue marbles on one end of the board and three red ones on the other end. Jumping the marbles forward, backward, etc., try to exchange the blue ones with the red.

PARTNER HOOP DRIBBLE
Place a hoop on the ground and have four students stand around it. This will form two sets of partners with the partners facing each other across the hoop. The first set of partners begin dribbling a ball back and forth, one bounce at the time. This continues until they miss or until the ball touches the hoop, at which time the other partners take the ball and see if they can dribble a longer period of time. It is also fun for the two not dribbling to talk or heckle the dribblers, causing them to make a mistake; however, they may not touch the students, the ball, or interfere with the movement of the dribblers.

HANDLED TUG ROPE
One-inch broom handles or dowels make excellent handles for one-against-one tugs-of-war. The double-hand grip prevents the rope from cutting the hands when the struggle begins.



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COFFEE-CAN FRISBEES

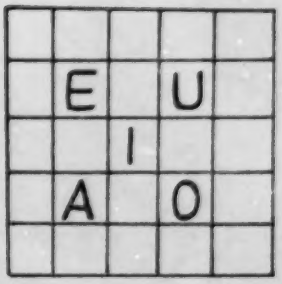
Plastic lids from 2-lb. coffee cans make excellent improvised frisbees. They probably are better suited for tossing within a classroom than a regular commercial frisbee. Plastic lids from smaller cans can be used to offer additional challenge for the better students.

HOMEMADE SCOREBOARD

Numbers from 1-21 (or higher) are written on two circular pieces of cardboard or plywood. These are attached to the back of a rectangular piece of plyboard which has two windows that are cut so that they frame the score. To change the score, simply rotate the circular board until the correct number is shown in the window.

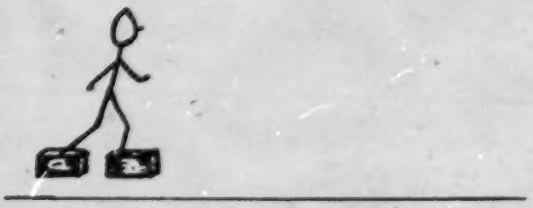
HOP GRID

Take a plastic sheet or mat and paint a 5'x5' grid on it. Paint the vowels in the grid first and then fill in all the other letters of the alphabet. (Since one letter must be omitted, leave out the Q.) Once the grid is complete, have the students hop from letter to letter as they spell out words, their names, etc.



SHOEBOX SKATING RELAY

Have the first person in each relay line run down and back with each foot in a shoebox. Each person in the line must jump into the boxes and run when it is his turn. Should the shoebox tear, the relay is continued and the box simply becomes harder to drag.

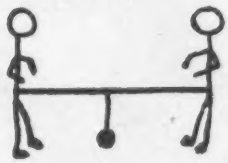


TIN-CAN STREET HOCKEY

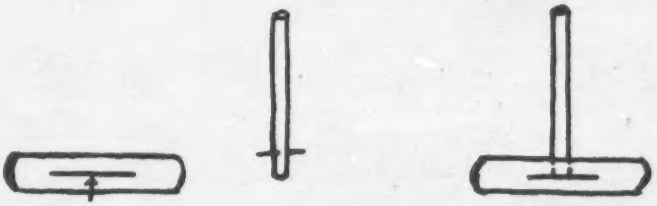
Though somewhat noisy, a cola can may be used as a puck for street hockey. Broom handles or wooden dowels are used for the sticks. The can makes noise when it is hit and when it bangs along the paved street. As the game progresses, the can becomes bent and is harder to play. Establish safety rules and play on a blocked-off street!

TIRE SWING
Have your students make improvised tire swings. Caution: Make certain that the supporting rope or chain is strong enough and that it is fastened securely.

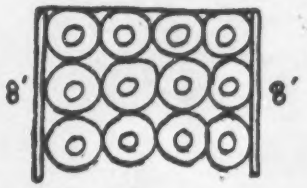
WAND AND CLACKER
By taking a wand or broom handle, tying a 24" string (non-slip) to the middle, and putting a weight such as a clacker or a small ball on the end of the string, one can make a unique partner apparatus. Two people hold the wand between their stomachs and by swaying from side to side they try to wind the string around the wand without using their hands.



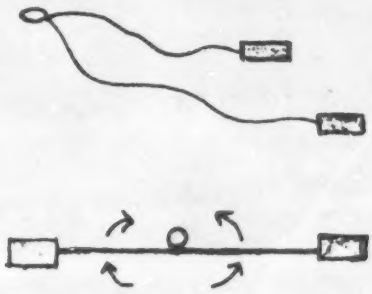
NET STANDARD
Place a piece of plywood board inside a tire, then pour some concrete into the tire and insert a steel pipe for use as a volleyball or net standard. If the part of the pipe inside the concrete has a horizontal spike through it, the pipe will never loosen or turn.

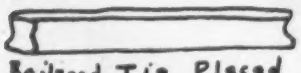


TIRE-FENCE CLIMB
Tires are bolted together on top and bottom as well as on the sides. Additional holes are bored to keep the tires from collecting water when it rains. Three-inch metal pipes are usually used as the supporting structure.

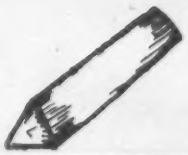


ESKIMO YO-YO
Cut two pieces of ½" dowel (or broom handle) 2½" long. Bore a small hole in the center of one end of each dowel. Use a toothpick to force the ends of a string (approximately 39") into the holes of the dowels and glue them. Tie a knot toward the middle of the string so that one dowel is slightly lower than the other. This enables them to pass each other without striking. The object is to get the dowels to circle in opposite directions while holding the string by the knot. Suggested start: Hold the knot between the right thumb and index finger. Hold the shortest dowel in the left hand. Start the longest dowel rotating toward the left hand; once it begins, throw the dowel in the left hand in the opposite direction. Keep both in motion by an up-and-down movement of the hand.

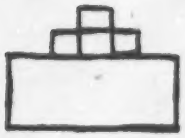




BALANCE BEAMS
There are many different ways to construct balance beams which can add variety and complexity for developing one's balance.

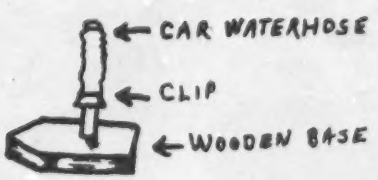


BASEBALL THROW
Can you knock all of the blocks off the box in two throws? Although this skill is seldom tested except at the state fair, it is still an exciting activity that could be used in the classroom. All you need is a box, three 4"x4"x4" wooden blocks, and two baseballs.

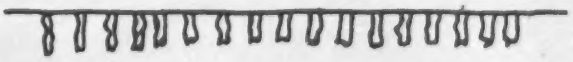


WHISTLE CLIP
Some teachers prefer to clip a whistle to a belt loop or a belt than wear it around the neck. If so, a shower curtain ring makes an excellent clip.

BATTING TEE
A batting tee can be an excellent teaching device for younger children, or it can be used as a change-of-pace type of equipment for the enjoyment of older students and adults. People of all ages can participate successfully in tee ball.



CLASSROOM NET
Balloon volleyball, fleeceball, etc., often require some improvised net for participation within the classroom. A rope with strips of cloth attached will be sufficient, and it will also fit compactly in a desk drawer when not in use.



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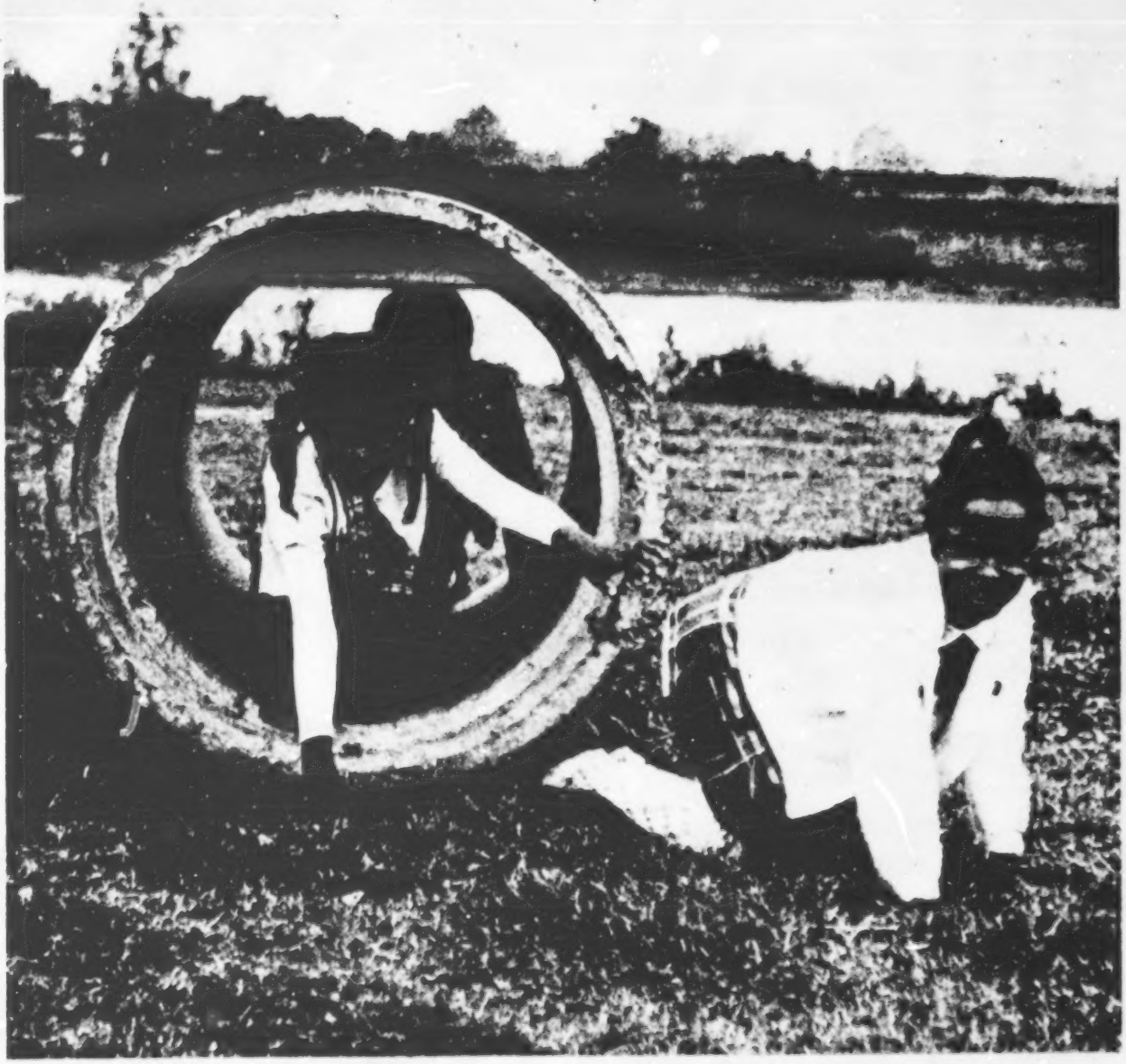

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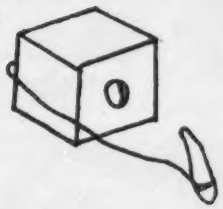
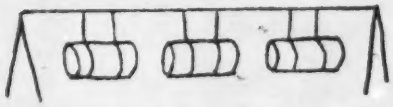
BLOCK AND STICK
Bore a hole in the center of a 3½" square block of wood. Make a stick slightly smaller than the hole in the block. Attach the bottom of the stick to the back of the block with a 2½ foot string. See if students can toss the block into the air and spear the hole in the block with the stick.



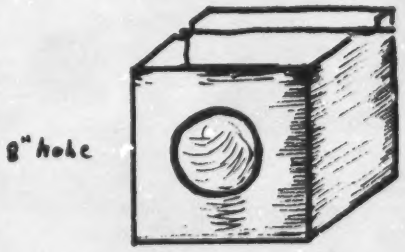
RING THE NOSE
Use a 2 foot string to attach a plywood ring to a plywood cut-out of the fact of a clown with a long nose. See if students can toss the ring into the air and catch it on the nose of the clown.

BARREL MOBILE BRIDGE
Form an elongated row of suspended barrel cylinders. Let the students crawl through them.

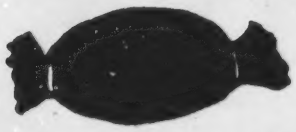


UPSIDE-DOWN ROPE CLIMB
Secure a rope horizontally between two trees, standards, etc. The rope should be approximately 40" from the ground at its lowest point. Let the students hang from the rope upside down and try to cross the rope using a hand-over-hand movement.

BB GUN TARGETS
Cardboard boxes make excellent backstops for BB gun target practice. Cut a hole in the front of the box. Using a coat hanger as the rod, make a drape or curtain and hang it approximately 1' behind the hole. Notches in the box will keep the coat hanger in place. Now place a paper target over the hole and tape it to the box. When shooting through the paper target, the BB goes through the hole in the box, strikes the curtain, and falls harmlessly inside the box. This type target is for practice when shooting from a 15' distance. Regular targets may be used, or a target having a hole in the middle can be used with the idea of trying to shoot through the hole as the goal. It is also fun to light a candle and try to shoot out the flame; however, this requires many safety precautions.



INNER TUBE SANDBAG
Cut inner tubes from 18" to 24" in length, tie one end with a cord, fill the tube with sand, and tie. These rubber-coated sandbags make excellent improvised bases, markers, or relay objects.



STOCKING BALL
Take a pair of old panty hose and cut in half. Roll up an old cotton sock and tape it with masking tape. Put the sock ball in the toe of each panty hose. See how many ways the students can twirl the stocking. Let them try to transfer the stocking from one person to another while still twirling it.

NEWSPAPER BAT
Take several newspapers, roll them tightly with one end being slightly larger than the other, and tape with masking tape. This makes an excellent bat for playing whiffle ball, fleece ball, or other indoor games.

FOUR-PLY COAT HANGER RACKET
Take a coat hanger and shape it in the form of a badminton racket. Cover the coat hanger with two stockings, roll the excess stocking around the base of the coat hanger, and tape it with masking tape. This makes an excellent racket for paper balls, balloons, fleece balls, ping-pong balls, etc.

DECK TENNIS RINGS
Deck tennis rings and/or quoits can be made from an old garden hose. Cut the hose the desired length for the size ring you wish. Use a small wooden dowel to join the ends of the pipe and tack the hose to the dowel. This is usually sufficient to hold the ring together, but it can be taped if additional smoothness or strength is desired.

STYROFOAM PADDLES
Styrofoam may be used for improvised ping-pong paddles or badminton rackets. It can be purchased in rounded shapes; and because of its thickness it can easily be held in the hand, even without a handle.

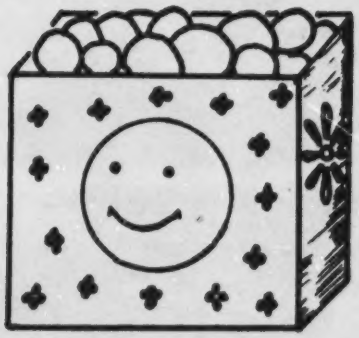
KICK-A-LOOP
Tie a bell or ball to one end of a 3 foot cord and form an 8-inch loop at the other end. Place the loop around one ankle and swing the weighted cord in a circle around the floor. It will be necessary to jump with the free foot, because the cord has to go under that foot to complete the circle.

BALLOON DANCE
Have two students place an inflated balloon between their heads and dance or perform various stunts or activities without dropping the balloon.

RING THE CUP
Give a student a golf ball. Have him place it between his kneecaps, walk two yards, and drop the ball into a plastic cup. If he misses the cup, turns the cup over, or if the ball bounces out, he must start over.

CARDBOARD VAULTING BOX
Cardboard boxes stuffed with paper and sealed with masking tape can be used for vaulting boxes by primary students. They can stand on them, jump from them, jump over them, etc.

CARDBOARD STORAGE BIN
Large cardboard boxes can be painted or decorated and will serve as excellent storage bins for playground balls, basketballs, or footballs, within the classroom or gym.



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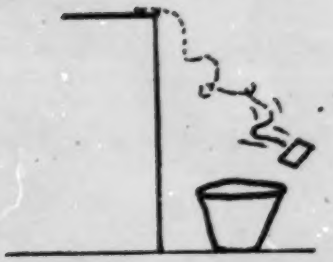
CARD IN THE BASKET
Place one card at a time on the edge of a table or bookcase and blow it over the edge. See how many you can get to fall in a small trash can placed below the table or bookcase.

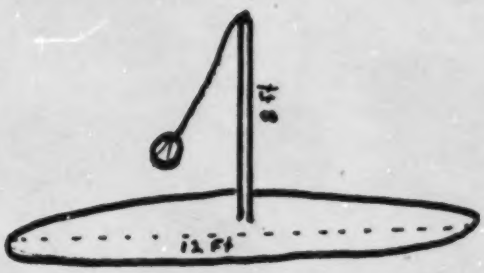


AIRPLANE BOMBARDMENT
Fill a trash can with paper airplanes. Line five paper cups upside down on a board two yards in front of the can. Time how long it takes to knock all of the cups off the board by throwing the airplanes and hitting them.

SPEAR THE FISH
Take ten donut-shaped pieces of plyboard (circular with a one-inch hole in the middle) and thread them with a cord having a peg on one end and a leather fish on the other. Since the fish will not allow the donuts to fall off the string, swing them into the air and see how many pieces can be speared with the peg before they fall.

TWO-BY-FOUR STARTING PISTOL
Connect two one-foot pieces of two-by-four with a small hinge. By separating the two blocks of wood and slamming them together, a noise similar to that of a .22 caliber starting pistol will evolve. Caution: Do not get the fingers caught between the blocks.

TETHERBALL COURT
Tetherball courts can be constructed from setting a 2-inch pipe in concrete. A horizontal spike through the bottom of the pipe will keep it from turning. The 12-foot circular slab of concrete for the playing area should be 4 inches thick.



SHUTTLECOCK
An improvised shuttlecock can be made by placing a small rubber ball, piece of cork, golf ball center, etc., in the middle of a 6- or 7-inch cloth, gathering the edges around the ball, and tying the cloth with a string.

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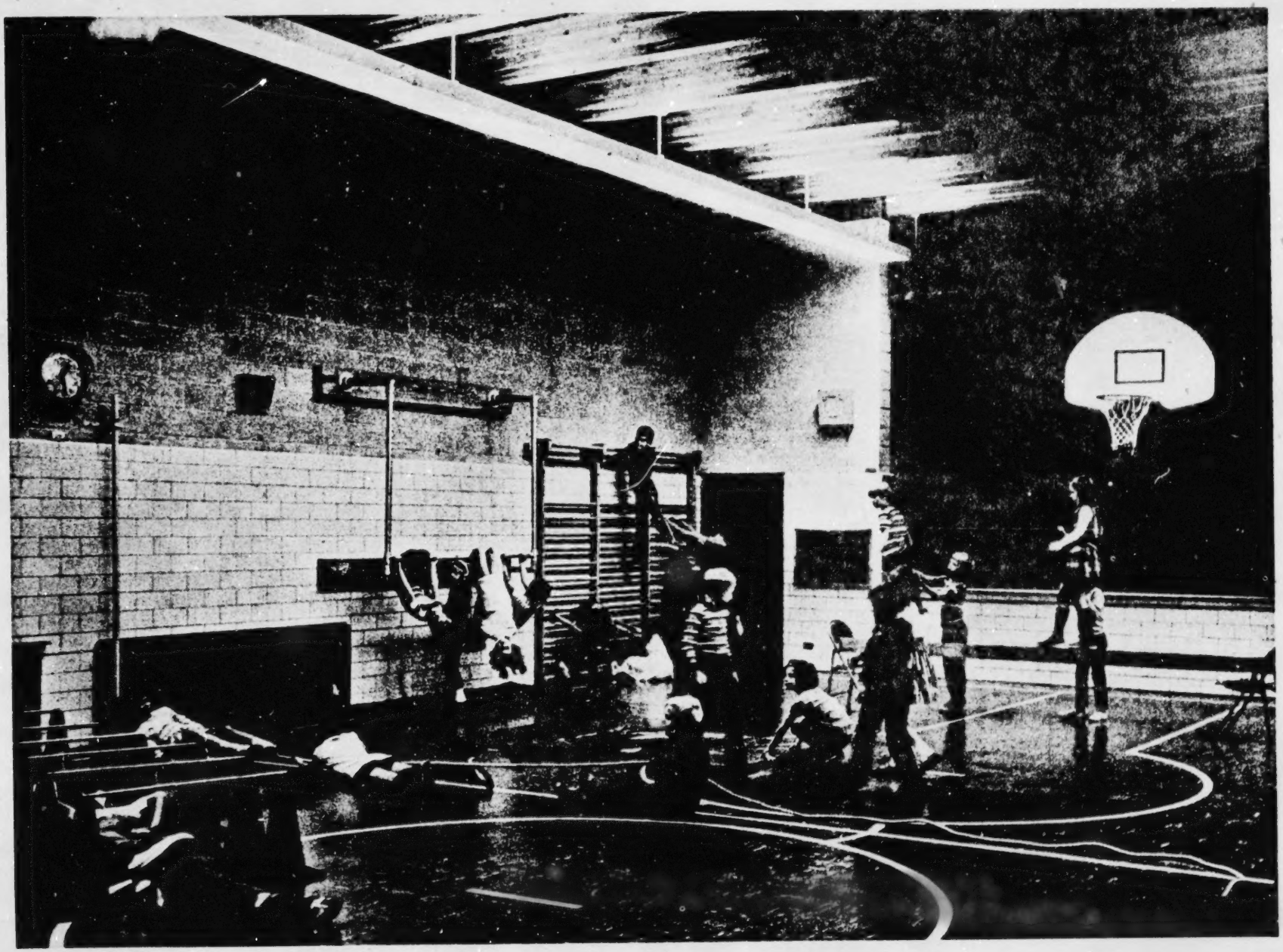
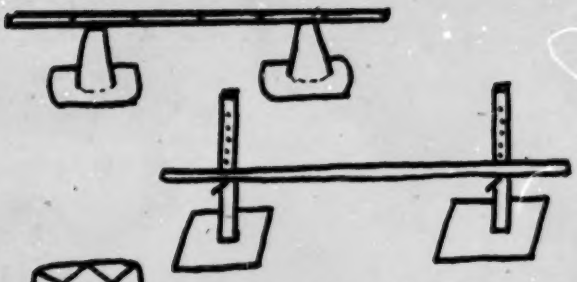


BAMBOO HURDLES
Fishing cane or bamboo hurdles are usually flexible and safe to use for jumping in both elementary and secondary schools. Various kinds of standards may be constructed as supports.



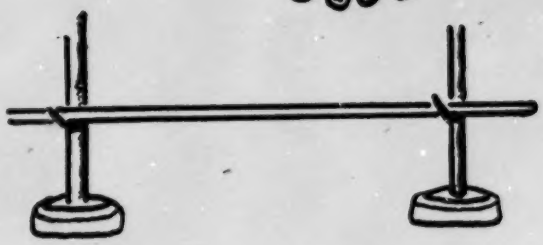
ELASTIC-STRING RACQUET
Using a stiff metal wire, shape it in the form of a paddle and string it with elastic cord. This paddle will add a different demension to the volley when striking a paper ball, whiffle ball, etc.

SPONGE BALLS
Rounded pieces of sponge can be utilized for light harmless balls for games within the classroom.

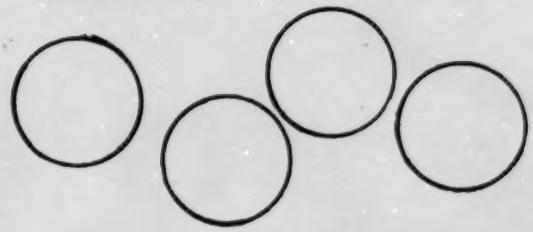
PAPER-SACK FACES
Primary students will enjoy making and wearing paper-sack faces. Paper sacks, scissors, crayons, or water colors are the essentials. Include glue if a creative student wishes to make hair.

JINGLE-BELL BASKETBALL NET
For added incentive to ring the basket, tie bells to the bottom of the net. This causes a jingle every time the ball goes through the net.

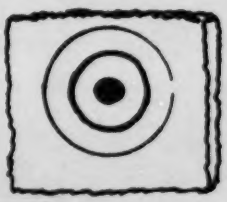
HIGH-JUMP STANDARDS
These standards can be improvised by using the volleyball standards and a fishing pole. Rubber bands and pencils can be used to hold the fishing pole at various levels on the standards.



VOLLEYBALL TARGETS
Hang hula hoops at various levels on a wall, backstop, or fence. Using a regular volleyball serve, try to hit each target.



CARDBOARD ARCHERY TARGETS
Archery targets made from compressed cardboard make excellent lightweight archery targets without the hazards caused by hay or other backstop materials.

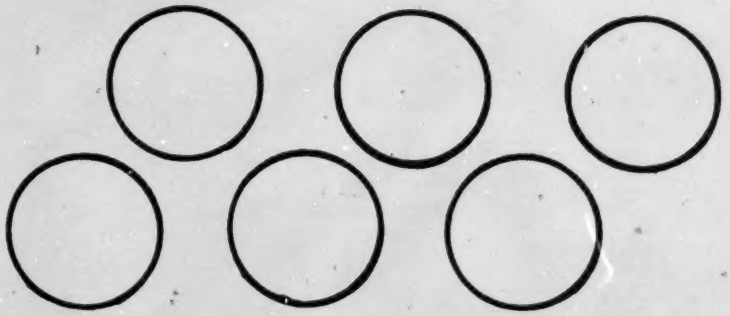


PADDLE PRACTICE

Secure a rope approximately chin high to the students. Using 30" pieces of parachute cord, tie whiffle balls, badminton birdies, etc., to the rope at three-yard intervals. Practice hitting the ball with stocking paddles, ping-pong paddles, etc. (Avoid hitting the balls so hard that they swing in a 360-degree circle.)

HOOP PATTERNS

Place hoops side-by-side on the floor to make patterns for various activities. Let the students dribble a ball through the pattern trying not to hit the hoops. See if the hoop pattern can be used for hop-scotch.

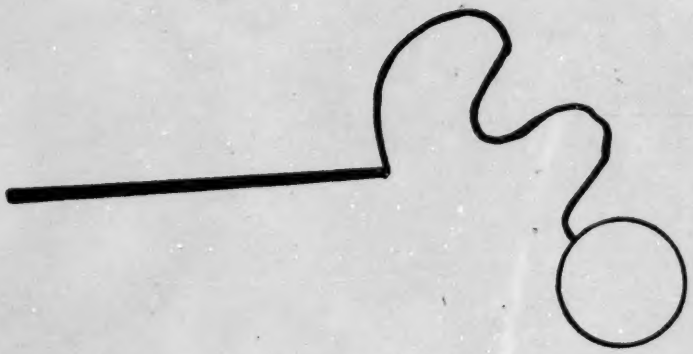


KNOTTED JUMP ROPE

A knotted jump rope can be used instead of a volleyball, deck tennis ring, etc., when playing newcomb or othe toss-and-catch games. The loose ends make the rope easy to catch, yet it brings about a slightly different variation of throwing and catching.

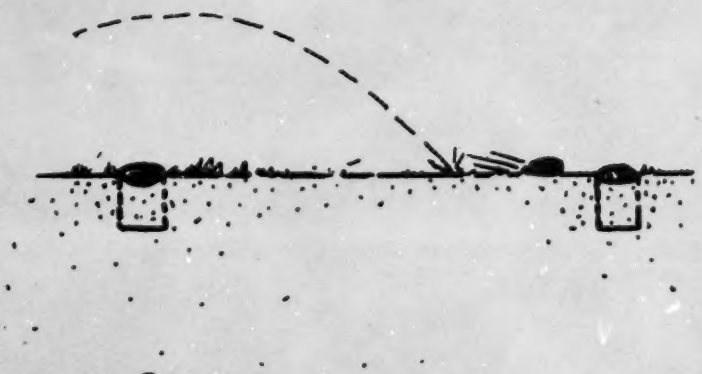
SPEAR THE RING

Attach a lightweight wooden or plastic ring to the bottom of an 8" peg by using a 24" cord. Hold the stick or peg in the hand, swing the ring up in the air and try to spear the ring before it falls.

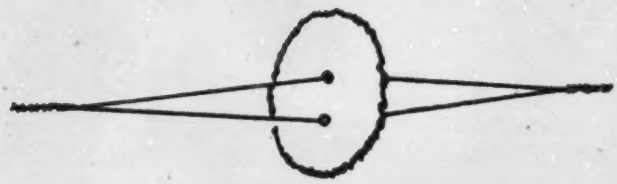


WASHERS

Washers are played by the same rules as horseshoes. Silver dollars or 2" washers are tossed at tin cans embedded in the ground. Cup the washer between the thumb and index finger and toss it toward the tin cup so that it lands on the bare ground and slides a short distance before falling into the cup. The activity is played on the bare ground with the cups approximately 25' or 30' apart. Opponents stand behind opposite cups and alternate throwing four washers (one at a time) back and forth between them.



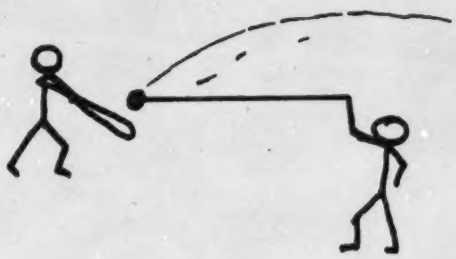
BUTTON SPINNER
Thread a string through two holes of a large button so that there is about one foot of string on either side of the button. Hold the extreme ends of the string between the thumb and index finger of both hands. Swing the button in a rotary motion until the string becomes twisted. Now by pulling the string taut . . . relaxing . . . taut . . . relaxing . . . the button can be kept in a constant spinning motion.



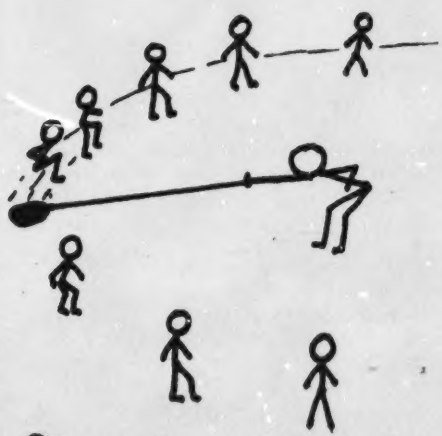
BICYCLE-TUBE RELAY
Have two students step inside a bicycle inner tube. They must run to the other end and back in this congested position before turning the tube over to the next two runners.

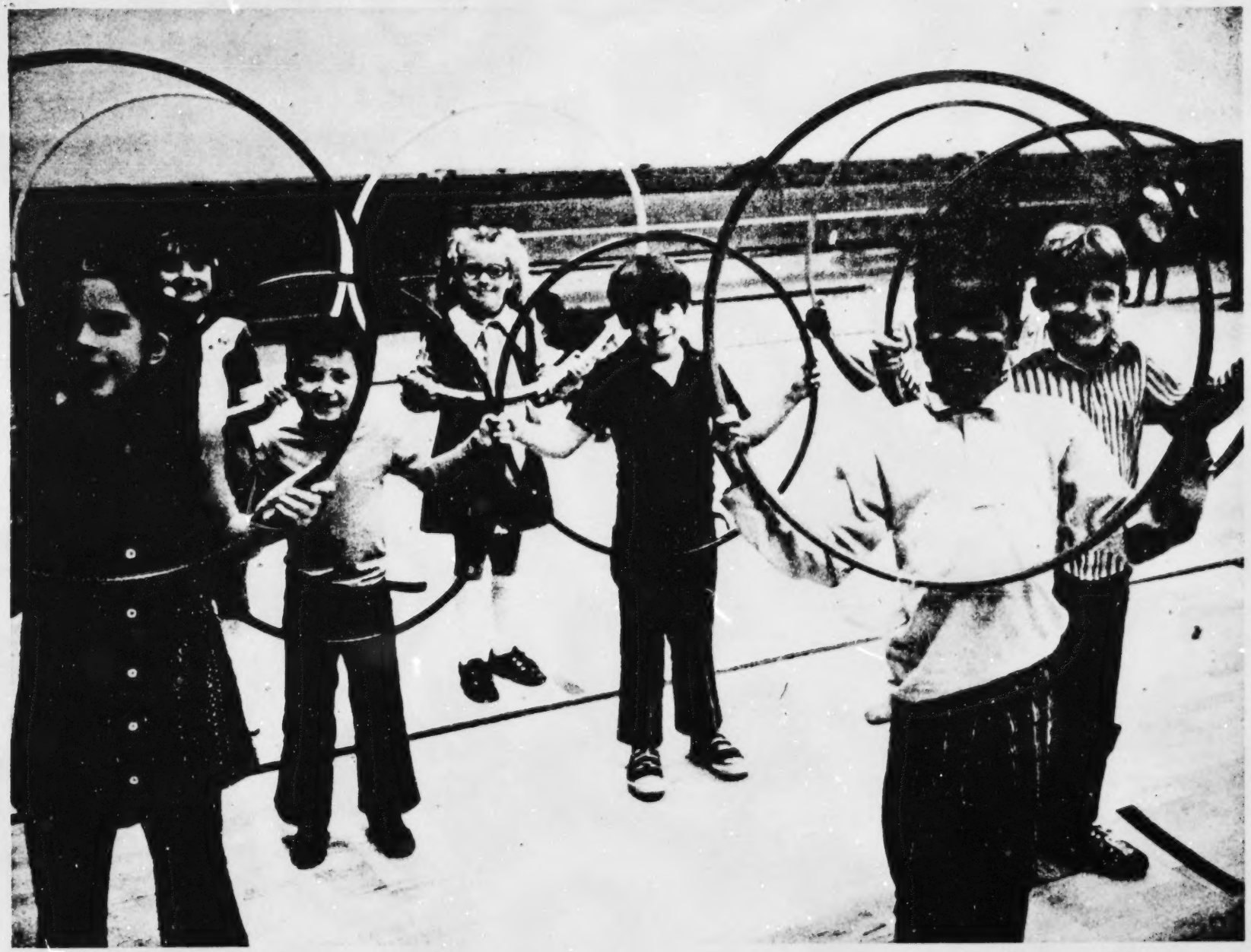
JUMP-ROPE BALANCE BEAM
Beginning on a beam that is 6" or 8" wide. have the students learn to jump rope and not lose their balance. Can they jump on a 4-inch beam? A 2-inch beam?

SWINGING BALL
Force the end of a 20-foot nylon cord (parachute cord) through a rubber ball, tennis ball, etc. One student swings the ball in a 20-foot arch while another student tries to bat the ball while it is in motion.



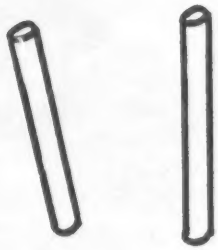
JUMP THE SHOT
Tie a weight (shoe, tetherball, small bicycle tire, etc.) to the end of a jump rope. Have the students stand in a circle around the thrower, who is to swing the rope. The thrower begins to swing the rope around the circle so that it passes beneath the feet of the jumpers. Every person in the circle must jump at precisely the right moment or it will cause a miss. The person missing becomes the next thrower.





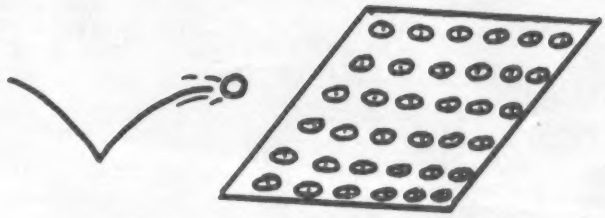
LUMMI STICKS

Lummi sticks can be made by cutting broom handles (or ½" wooden dowels) into one-foot lengths. Tightly rolled newspaper and masking tape can be used to make the sticks if the teacher wishes to teach the activity with less noise.



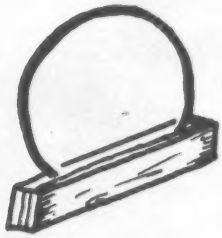
EGG-CARTON ROULETTE

Take a commercial egg carton and number all of the indentions, mixing large and small numbers. Place the egg carton target on a table. Toss a ping-pong ball and allow it to bounce one time before falling on the target. The score will be the number under the ball.



HOOP STAND

Two 25" two-by-fours are separated at each end by small pieces of 1x4's. The hollow section created between the two-by-fours will hold a hoop in a balanced standing position. Have the students go though the hoop, jump it, throw a ball through it.



THIRTY-FOOT CIRCULAR ROPE

Tie the ends of a 30-foot rope and make it into a circle. Have the students hold the rope with both hands and perform the following activities:

1. Mexican Hat Dance.
2. Keep time to music by moving the rope up and down.
3. Sit on the floor and do sit-ups using the rope to pull themselves up.
4. Sit, grasp rope, and have everyone pull himself under the rope and toward the middle simultaneously.
5. Everyone stand inside the circle, place rope against body waist high, and all try to jog forward while leaning against the rope.
6. Everyone throw rope into air at the same time.
7. Form ABC's with the rope while all are still holding on.
8. Circle Rope Tug-of-War.

CHINNING POLE

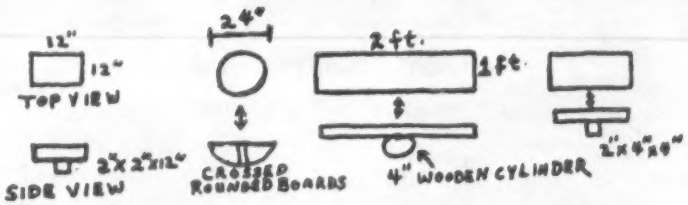
By having four of the taller students support a pole, a student can chin himself while in the classroom. With two students at each end and facing the middle of the pole, it will remain in a balanced or fixed position if one of the students supports the pole with his right shoulder and the other with his left.

BOWLING PINS

Many times old pins will be donated to schools by local bowling alleys: but if not, milk cartons, plastic bottles, or bleach bottles may be used. Sometimes it is necessary to weight such containers with an inch or so of sand to increase their stability.

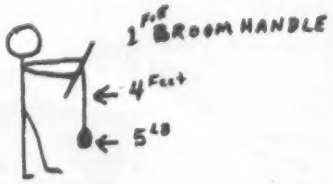
BALANCE BOARDS

There are many different types of balance boards that can be helpful in teaching correct balance to children. Perhaps some of them would enhance your program.



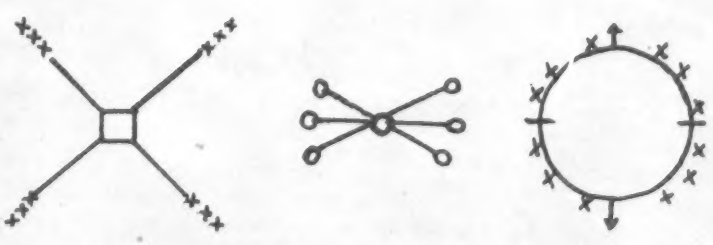
WRIST TWIST

Take a one-foot piece of broom handle and tie a five-pound weight to the middle, using a four-foot cord. Hold the arms horizontally and twist the broom handle until you wrap all of the cord around it and the weight touches the handle.



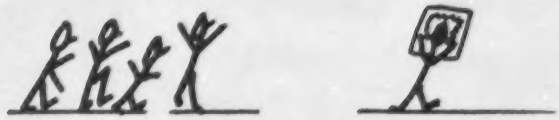
TUG-OF-WAR ROPES

There are many different designs for constructing ropes for a tug-of-war. Have your students try this activity by using ropes as illustrated in the diagrams.



NEWSPAPER RELAY

Place a stack of newspapers in front of each relay line. Each student must run down, pick up a double sheet of newsprint, tear a hole in it, and go through the hole without letting the paper tear out the "circle." The first line getting all of its players through the paper successfully wins. (If a person breaks the paper circle, he has to take another sheet of paper and start over.)



JUMP-THE-STICK RELAY

The first person in each line has a broom. He must run down the floor, come back, give one end of the broom to the next person and together they hold the broom one foot from the floor and run to the back of the line letting each person jump over the broom. At the back of the line, the person who is holding the broom and who has not run down the floor becomes the runner. First team to get each person in line down and back, and with the team jumping the stick each time wins.

TWO-DRAG-ONE RELAY

Two students hold a softball bat waist high between them. A third student sits on the floor with his back in the direction they are to move. He then reaches up and grasps the bat as if he were going to do a pull-up. In this position the two holding the bat run to the other end of the gym and back dragging the student holding on to the bat. The first group to get all of its trio's down and back wins. Caution: Make absolutely certain the floor is well finished and safe.

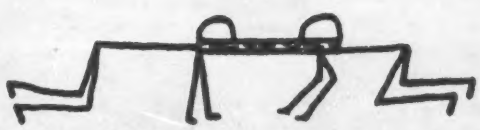
BALLOON POLO

Divide the class into two groups. Half of the students in each group become "horses" and the other half are their "piggyback" riders. Throw a balloon into the air and see which team can swat the balloon to the opposite goal first. Horses may not purposely touch the balloon.

BALLOON AND COAT RELAY
Place a coat ten yards in front of each line (one coat per line). The first person in each line has an inflated balloon. Each student must volley the balloon down to the coat, keep the balloon in the air, put on the coat, pull off the coat, and volley the balloon back to the next person without ever letting the balloon touch the floor or catching it. The first line to complete the task wins.

FOOTBALL-JERSEY RELAY
Player no. 3 stands 30 yards in front of and facing his relay line. The first player in the line puts on an extra large football jersey. Players no. 1 and no. 2 in the line run the 30 yards to no. 3. Player no. 2 takes the jersey off no. 1 and puts it on no. 3, players no. 1 and no. 3 run back to the line and no. 1 takes the jersey off no. 3 and puts it on no. 4 . . . and so on until everyone has worn the jersey. (The secret of the relay is to let the person wearing the jersey grasp the curled fingers of the person to whom the jersey is to be transferred as they lean forward and place the tops of their heads together. The extra person can then grab the tail of the jersey and rip it over the head of the first and on the other person. This makes the jersey wrong-side-out but still complies with the rule of dressing the other person.)

DOG-COLLAR PULL
Have two students face each other while on their hands and knees. Place a long buckled leather belt around their necks. (This should leave a foot or so between their faces.) See which player can walk backwards and pull the other a distance of two yards.



SPELLING RELAY

Print large ABC's on cardboard squares for a relay-type activity which will cause a student to identify the specific letter he is looking for. Two sets of cards are placed in front of two numbered groups of students. The leader may ask for the two people numbered "4" to run down, look through the cards and find an "H." The first one to find the "H" card and hold it over his head so that the other students can see it is the winner. Older students may be asked to bring back the cards that spell a complete word.

STICK AND WHEEL

A small metal wheel and a broom handle that has a flattened tin can nailed to it can provide hours of running, endurance, and entertainment. The broom handle should be about 36 inches long; and once the can has been flattened and nailed, the edges of the can are curved upward forming a trough. This enables a student to stand the wheel, place the trough just under the back curve of the wheel, and then roll and guide the wheel around the playground.

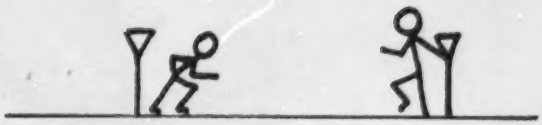
CARPET SKIING

A student may stand in a bent-knee position on two inverted carpet squares and be pulled with a jump rope across the gym floor. The falling, balance, and skills are exactly the same as that of the person who is water skiing. (This should be a supervised activity because the gym floor is harder than the water should the student happen to fall.)

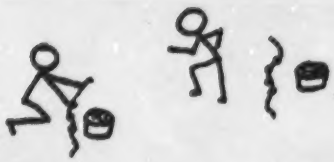
BALL-BETWEEN-THE-KNEES RUN

Place a playground ball between the knees. See which students can run or jump from one end of the room to the other without touching the ball with their hands or dropping it. Determine if other games such as balloon volleyball or jump rope can be played with the ball in this position.

BROOM CHANGE
Divide students in pairs with each person holding a broom. With partners facing about one yard apart, stand the broom on the floor, release it and run catch your partner's broom before it hits the floor. Keep placing the brooms farther and farther apart until someone misses. Find out which pair is able to expand the greatest distance.

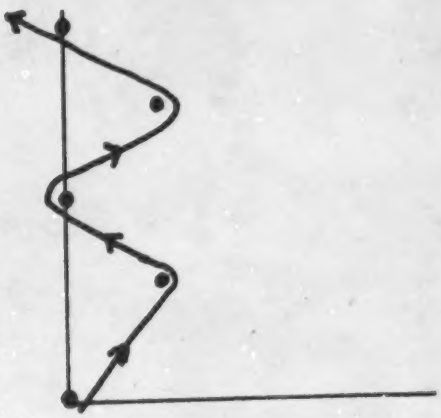


STRING-THE-BEADS RELAY
Place a bowl of beads and a shoestring thirty feet in front of the relay line. Have each student run down, thread four beads, and run back to tag the next player. This requires more hand-eye coordination than one might expect.



SUNNY-DAY TAG
This tag game can only be played on a bright sunny day. The only way "it" can tag someone is to chase him and step on his shadow. This is more difficult than merely tagging by hand.

ROUND-THE-MARKER RACE
Place 5 cone street markers (or some substitute) in a zigzag pattern along the sideline of the football field. Three of the markers are placed on the goal line, 10-yard line, and 20-yard line respectively. The other two markers are on the 5-yard line and the 15-yard line, but they are 5 yards to the right of the sideline. Using a stop watch, see who can run from the goal line marker, around the 5-yard marker, the 10-yard marker, the 15-yard marker, and the 20-yard marker in the shortest time.



PIE PAN AND MARBLE
Take a pie pan and a marble (or marbles) and see how fast the marble can be made to go around and around without flying out of the pan. (A golf ball can be used instead of the marble. Determine if the task will be easier or harder.)

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IDEA FORM

If you have a physical education game, gimmick, device, or "motivator" which you would like to share with other teachers, please use this form to provide details:

1. Description:

11. Diagram (if needed to clarify the above description):

111. Comments:

Please tear out this form and mail to:

Health, Physical Education, and Recreation Unit
State Department of Education
Room 607 State Office Building
Montgomery, Alabama 36130

cut along this line

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